



Term 3 marked the conclusion of data collection for our AIS School Based Research Project. Although we were once again impacted by COVID-19 we were ecstatic with the data we managed to collect in 2021.

When we compared the average anxiety scores and average depression scores from the beginning of the study to the end of the study we found a 22% reduction in anxiety scores and a 14% reduction in depression scores.

Our results thus far give us confidence that our group work (exercise, occupational therapy and resilience training) has had a positive impact on our students. One of our aims for 2022 is to implement and blend the group work into our timetable to maximise the positive impact on students for years to come.

On the 18th and 19th of October the research team of Martin, Chris, Jaye, Jono and Megs were invited to present their research project at the AIS Educational Research 2021 Symposium 'Enabling Exceptional Education'.

This was a fantastic platform for the team to discuss their current research projects and also network with schools and universities from across the state. Martin has also been invited by the Scots College Sydney to participate in conversation with 'Research Invested Schools' on the 4th of November.

The panel discussion has been created to bring leaders in this emerging space together to discuss the exciting grass-roots movement of school-based research.

From the HEAD OF COLLEGE



Welcome back to Term 4!
Thank you to the SSC Community for your calm and considered response to the changing COVID-19 landscape.

As a team we have navigated the challenges and welcomed the hurdles as they have arisen with kindness, courage and consideration.

It has been exciting to return to campus and welcome the students back to 'school, but not as we know it!'

The students are the heart of our school, and their presence brings life back to our campuses.

Congratulations to Year 12 as they complete their school journey. *cont over*

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We had a beautiful week with Year 12 in Bathurst and Dubbo to celebrate their achievements and prepare for the steps ahead.

What a feat and privilege to conclude their schooling adventure surrounded by their teachers, supports and friends at SSC.

Term 4 is a time of celebration and ceremony with graduations, formal dinners, Christmas parties and farewells.

See the scheduled dates and events, along with the highlights from Term

3 and the start of Term 4 in this wonderful publication.

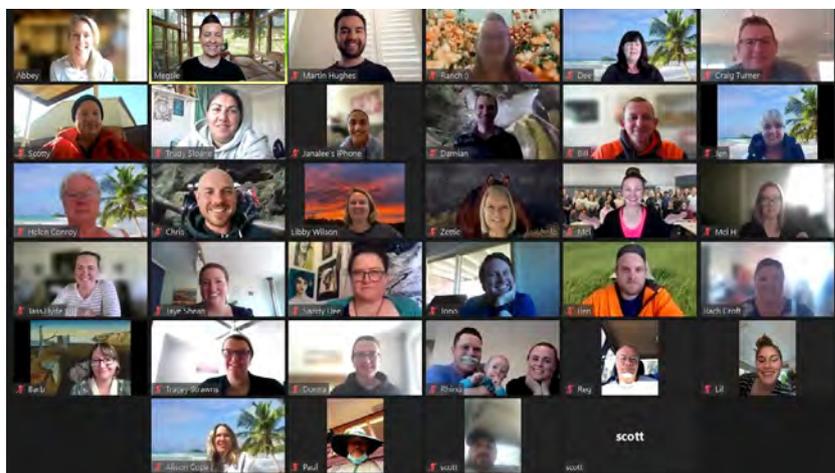
Thank you for the opportunity to be a part of your lives during 2021.

What a year it has been!

You can be proud of your success and for meeting the demands of uncertain times.

I hope this newsletter finds you and your families safe and well and enjoying the new found joys of post lockdown life.

With warmest wishes,
Abbey



Covid didn't spell doom, it spelt Zoom (and Teams too!)

The screenshot above, taken from our virtual Molong Staff Day pretty much sums up what most of Term 3 was about – connection via technology.

While many schools struggled to

come to terms with online learning, Skillset Senior College designed a program with something to keep everyone entertained (and learning!)

From daily all school catch ups, inspirational chats and fun games to targeted zoom lessons for Year 12, all angles were covered.

It was also a term of innovation with Chris Harris in Bathurst

leading the development of the remote learning Quest Book that kept so many students enthralled over the long months of lockdown.

Dubbo also pioneered the concept of the online Wellbeing day, a series of workshops designed to look after the body and soul as well as the mind.

It was hugely successful and quickly adopted in Bathurst.

TERM 4 IMPORTANT DATES

BATHURST

Friday 19 November

CAFS HSC Exam 9:25 am – 12:30 pm

Monday 22 November

Whole School Swimming Day, Molong Pool

Thursday 25 November

Agriculture HSC Exam 1:55 pm – 3:30 pm

Friday 26 November

Visual Arts HSC Exam 1:55 pm – 3:30 pm

Thursday 2 December

Investigating Science HSC Exam 1:55 pm – 5:00 pm

Friday 3 December

Year 12 Graduation Dinner

Wednesday 8 December

Last day of term, Year 12 Graduation Ceremony

Thursday 9 December

Year 10 Formal

DUBBO

Tuesday 26 October – Tuesday 9 December

(Tues, Wed, Thurs) Fit 4 Work Program

Friday 12 November

Year 12 Graduation

Friday 19 November

CAFS HSC Exam 9:25 am – 12:30 pm

Monday 22 November

Whole School Swimming Day, Molong Pool

Thursday 25 November

Year 10 Graduation

Tuesday 7 December

Wellbeing Day, Last day for students

Thursday 9 December

Fit 4 Work Program Graduation

YEAR 12 FAREWELL WEEK

We saw off our Year 12s in style with a huge week of fun (and some handy revision) upon our return to school.

The staged return from lockdown allowed us to focus all our attention on our HSC superstars who were more than deserving of a reward after seven weeks of diligent zooming!

The week kicked off with a morning catch up and agriculture revision session followed by meetings with Alex from Youth Connect, more catching up and sports.

Tuesday morning it was time for some CAFS work and an art session with Bill that had everyone 'in a spin' before we headed to Annie's for Ice Cream in Kings Parade.

Science was the topic of choice on Wednesday but while the grey matter got a work out in the morning, the afternoon was for muscles with several staff versus students sporting battles.

Honours were evenly shared (that's code for the staff won lol!) as we blasted each other in dodgeball, hammered the hoop in basketball and floundered our way through some fancy footwork in soccer.

On Thursday we put the green room into full HSC mode so Year 12 could experience exactly what it will be like for the big quiz.

Several teachers gave advice on how to tackle exam day nerves and our invigilator let the students know of his expectations.

After that it was off to the riverside for a picnic where we feasted on hot chips and tried to walk it off afterwards.

The week wrapped up with the jewel in the crown, quite literally, a day trip to Evans Crown.

The trek to the top of the Crown was challenging but nothing compared to the challenge of hanging off the edge of a 100-foot drop with only a rope and the calming words of instructor Chris Harris for comfort.

Many students and staff conquered their fears with some even going back for second go!

Those who didn't feel like repelling down the rock face joined Bill for an inspiring art session on top.

It was a shame it had to end but the Year 12s had a surprise in store for the staff back at HQ, unveiling a computer room whiteboard full of messages of thanks.

Several students delivered heartfelt speeches with the staff responding in kind and there was hardly a dry eye in the house!

MORE PHOTOS ON PAGE 6 & 7



YEAR 12 FAREWELL WEEK



*Picnic
at the
River*



Annie's Excursion



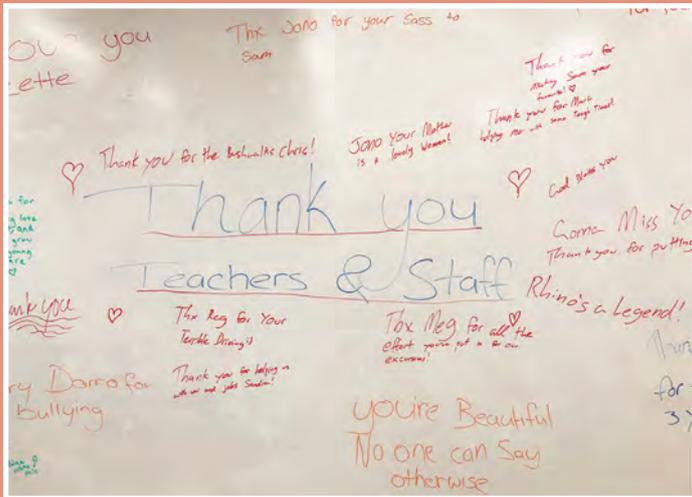
Back in the classroom



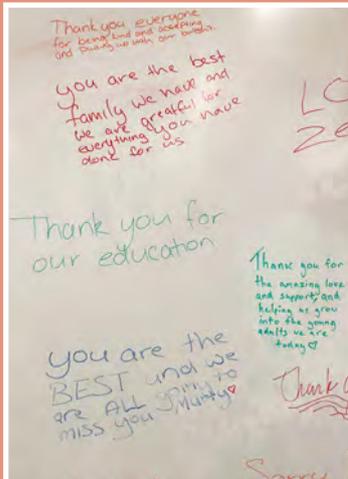
Art with Bill



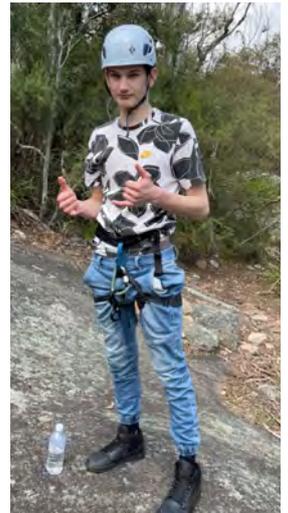
YEAR 12 FAREWELL WEEK



A whiteboard surprise



Evans Crown



It's all about respect



We were honoured to receive a visit from Wiradjuri elder Dinawan Dyirribang on Tuesday 26 October.

Dinawan, or 'Uncle Bill Allen' as he is popularly known, performed a special smoking ceremony in the Skillset Yarning Circle and educated us about the cultural significance of Wahluu, the mountain whose foothills our school is located on.

Wahluu – meaning 'young man's initiation site' – is a critical element of local Indigenous lore

Wahluu was a young Wiradjuri warrior killed by his older brother Ganhabula in a fight over a young woman.

He fell and bled into the ground, making god so angry he made a volcano erupt and cover Wahluu's body.

Uncle Bill bought the tale to life through his talented storytelling, adding a modern flavour by relating the trials the young men faced to the trials faced by drivers in the race.

He said it all came down to respect, or 'indyamarra'; both young Aboriginal men and racers needed to respect each other and the mountain if they were to survive.

We also learned about the significance of the possum



skin cloak with its different colours for males and females.

Everyone at the circle had the opportunity to examine the cloak (made overseas as it is illegal to kill possums in Australia) and some to wear it as well.

Indigenous culture is enormously important to us at Skillset Senior College and we are looking forward to Uncle Bill linking more with our own Aboriginal Education Officer, Angela Masters, and being involved in the life of the school.

Indeed, Uncle Bill's granddaughter will be applying to join us in Year 10 in 2022!



HAPPY HALLOWEEN



Bathurst staff and students went all out with an early Halloween celebration on Thursday October 28.

All kinds of creepy characters roamed the school including witches, vampires, Bloody Mary, killer clowns, a steam punk zombie, The Addams Family and The Witcher himself, Geralt of Rivia!

There was even a T-Rex getting around though he was having some difficulty navigating doorways and avoiding Geralt, who seemed intent on slaying him!





Careers Corner

Perseverance pays off for the class of 2021

Congratulations to the class of 2021 for your dedication and perseverance! You did it!

Over the year, Yr 12 students had the option to work with the College Mentor on their transition pathways from high school to work. Each career pathway is unique to the individual whether it's through employment or further education. The areas of interest are as varied and colourful as the personalities themselves from paramedics, marine biology, sports and trades to social welfare, childcare, agriculture, computing and many other wonderful options.

Your career is a journey, not a destination and it will evolve with you as you head out into the world and gain new experiences. We are excited to hear what you all get up to over the next few years and if you need extra support, please don't hesitate to reach out to the College Mentor, Sandra, on 0436 475 183.



We would also like to congratulate our university applicants, who were all offered their first course preferences.

Marshall – Marine Science at James Cook University

Bee – Bachelor of Arts (with specialisation in welfare) at Charles Sturt University

Sebastian – Computer Science at Charles Sturt University

Sam – Sport Science at Charles Sturt university

We are incredibly proud of each and every one of you for completing high school! We're honoured that we had the good fortune to walk beside you on this journey and watch you grow into the wonderful people you are. Well done!



AARON HOUSTON



Athlete of the Year - Para Sports

2021 Australian Athletics championships
Gold Medal U20 Para Mens 1500m & Silver Medal U20 Para Mens 800m
2021 Athletics NSW Championship Gold Medal Opens Para Mens 1500m

2021 Athletics NSW Junior Track & Field Championships
2 x Gold Medals (U20s Ambulant 800m & 1500m) and 1 x Silver Medal (U20s Ambulant 400m)
2021 Athletics NSW Target Talent Program

Athletics Career Awaits

We think the fella on the left might have a special career ahead of him - in running!

Check out his list of achievements and all that in a year heavily interrupted by Covid 19!

Well done Aaron!

We're super proud of you mate and remember us when you're famous!



Connections After COVID

Students and staff at the Dubbo Campus had a wonderful afternoon on 26 October 2021 focusing on wellbeing and connection.

This was a special time that was thoroughly enjoyed by everyone after spending so long in COVID lockdown.

Activities included chilling in the pool and on the waterslide, giving the animals a welcome wash, arts and crafts and some frisbee.

Students and staff alike benefited from renewing connections and enjoying some sunshine.





Magical mural

The Dubbo campus Visual Design class completed and installed an impressive mural at the entrance of the Western Plains Cultural Centre.

The mural was on display throughout Term 3. We think it turned out awesome, as you can see in these pics!



ABC

Landline

Rachel's Exercise Routine



Dubbo Ag teacher extraordinaire Rachel Croft became somewhat of an internet and TV sensation during lockdown when she developed a very special exercise routine.

Rachel wanted to ensure students looked after their mental and physical health at home, so she started making these great educational videos!

Click on the photo to the left to check them out!

More from Landline: <https://bit.ly/LandlineABC>

Watch Landline on iview: <https://bit.ly/LandlineABCview>

Green THUMBS



Dubbo campus participated in National Tree Day on Thursday 29 July.

Students completed a range of fun activities throughout the day concluding with a whole school tree planting.

The tree planting signified staff and students 'putting down roots' and growing together.

Special thanks to iCan Nursery, Bunnings Warehouse Australia and Mid Macquarie Landcare for our trees.

#nationaltreeday

